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INTERNET

InPort News launches new website

KEN KOYAMA
 InPort News

PORT COLBORNE — Last Wednesday marked the launch of a new website for InPort News, marking our strong commitment to the provision of information to the residents of south Niagara.

It's been a great year for us here at InPort News and indeed for all of Sun Media Niagara, which saw the chain's three dailies, The Welland Tribune, The St. Catharines Standard and Niagara Falls Review also launch new websites.

If you haven't had a chance to go online and check us out, I strongly urge you to do so. Visit www.inportnews.ca and what you'll find is a vibrant presentation of the news that affects your local community, your region and beyond.

see INTERNET | page 2

PORT CARES: Doors officially open to ballooning facility



EDDIE CHAU Staff Photo

On hand for the ribbon cutting to celebrate the grand opening of the newly renovated and expanded Port Cares offices are Port Colborne regional Coun. David Barrick, Ward 4 Coun. Barbara Butters, Port Cares chairwoman Barbara Henderson, Port Cares executive director Lynda Reinhart, Ministry of Training, Colleges and Universities Niagara service delivery manager Ray Bourassa, Welland MP Malcolm Allen and Port Cares employment services manager Michelle Knappman.

Expanded building, expanded services

EDDIE CHAU
 InPort News Staff

PORT COLBORNE — A lone laneway once separated two buildings on Catharine St.

But little by little, bricks, concrete and other building materials filled in the paved access. It took a year and a half but after all the sawdust had settled, what stood was an expanded space for services that provides a link between clients and employees.

see PORT CARES | page 2

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■ PORT CARES

260 square metres added to facility



EDDIE CHAU Staff Photo
Michelle Knapman, right, manager of employment services at Port Cares, shows Suzanne Lacrosse around the newly expanded employment services centre at Port Cares, which held its official grand opening Thursday.

FROM PAGE 1

Crews worked feverishly until 2 a.m. Thursday morning to finalize construction on the expansion of Port Cares' main offices. By afternoon, the organization officially opened its doors to an expanded office space that will provide a larger facility for its employment services centre.

"Port Cares has delivered employment services since 1989," said Port Cares executive director Lynda Reinhart. "With the long-term support of the community over the years, we have helped many clients gain the skills and education to enhance themselves for future employment. This kind of work does not happen overnight."

Adding an estimated 260 square metres to the facility, the expansion of the Port Cares office provides the building with a new reception area, a new resource room, a large work room

for workshops and meetings, office space, as well as a link between employment services and client services buildings.

With expansion of our services gave an opportunity to change our physical space. Everything was constructed, one brick at a time, in order to make this a reality."

Michelle Knapman, manager of employment services for Port Cares

Michelle Knapman, manager of employment services for Port Cares, said two years ago the Ministry of Training, Colleges and Universities' dedication to provide finan-

cial support for the employment services at Port Cares. With the expansion there's more room to host clients and employers as they take part in such services such as job searches, employment recruitment, career planning an employment retention support and mentoring.

"With expansion of our services gave an opportunity to change our physical space," Knapman said. "Everything was constructed, one brick at a time, in order to make this a reality."

Barbara Henderson, chair of Port Cares' board of directors, said the staff in employment services aid clients in a efficient and welcoming matter. With the facility expansion even more clients can be helped in order to "build a strong workforce in Port Colborne."

"We have this location that will serve the community well," Henderson said.

■ INTERNET

Tell us what you think of our new website

FROM PAGE 1

But that's not where it ends. This new site offers the traditional interactivity many of you have enjoyed, plus a number of new options that should help make your day all the more interesting.

Join our exclusive UR community to comment, discuss, share and more. Let our visual navigation guide you through new features and interactive social media tools. We also invite you to browse our local business

community through the new marketplace and our advertising partners.

Whether you access your community information at home on your computer or tablet or if you are mobile, the new sites are designed to be responsive to the size of the screen you use to access it.

As I write this, it's been more than a week since the website went live, but we've received much positive feedback through social media,

on the site itself and through phone calls and comments on the street.

The website launch comes on top of the kickoff to our regionwide Niagara Regional section in The Tribune on Tuesdays.

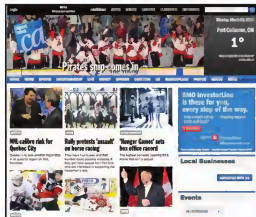
Just three months into 2012, these two projects alone mark what we feel is a proven commitment to reach out to our readership area in new, innovative ways.

I invite you to explore

our new site and click on the "Give us your opinion" feedback link to let us know what you think. Or provide feedback through Twitter and Facebook.

Ken Koyama is publisher for digital and print at InPort News

The newly launched InPort News website gives readers an interactive experience.



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portraits

■ **PORT CARES:** Organization grows to meet local needs

They're there to serve the community

EDDIE CHAU
InPort News Staff

PORT COLBORNE — It's about serving the community and helping it grow.

That's always been one of the mottos of Port Cares, an organization that for 26 years has been providing support, resources and leadership to the residents of Port Colborne. Whether it's helping job seekers spruce up their resumes or serving a hearty lunch at the Reach Out Centre, the aim for Port Cares has always been to improve the quality of a person's life.

The organization recently opened its doors to its main office after a massive expansion project that saw the addition of 260 square metres of space to the facility. The extra room provided new office space, additional rooms and space for Port Cares' employment services department as well as a link to its client services building next door.

"We now do have so many services in a one-hub model," Port Cares executive director Lydia Reinhardt said. "We have programs funded by the (provincial) government to help people develop skills and find employment."

"For things such as our basic needs or for other services, we do the fundraising. We have grown quite a lot."

Port Cares has come a long way since its grassroots beginnings in 1986. The organization started as a conversation between friends Jo Kennedy and Bill Roberts who wanted to create the organization that would help the community in need.

In their first meeting held February 6, 1986, Kennedy, Roberts and a few others were appointed to be the first staff position to Port Colborne Community Association of Resource Extension. The organization now known as Port Cares had its base of operations in the conference



VICTORIA GRAY STAFF PHOTO
Caitlin Battista, marketing and communications co-ordinator for Port Cares, left, and Michelle Knappman, manager of employment services, celebrate the opening of Port Cares' new building addition Friday. The official opening was Thursday.

room at Port Colborne High School.

Pam Swick Janjac, Port Cares' development officer, was a board member in the first few years of the group's operations. She said in the late 1980s there were a lot of cuts made to essential services by senior government.

Swick Janjac said the aim of the organization was to help the community through similar services, adding "there was a big need at the time."

One of the services was the Parent and Children Today (PACT) program which offered aid to young or single families. PACT operated first of First Lutheran Church but later moved to Port Colborne High School along-

side Port Cares.

A year later the Port Cares office was moved to Charlotte St. In the old Richardson's Insurance building. The organization was funded early on by the provincial Ministry of Community and Social Services and the Secretary of State Women's Directorate. As part of the initial funding an active women's committee was formed to raise awareness on issues such as violence against women.

Funding In 1989 from Human Resources Development Canada created the pre-employment program for women to focus on non-traditional jobs. A recession in the early 1990s led to expansion of the pre-

employment program on Durham St.

In 1992, the Port Cares Action Centre opened. Around the same time the organization's administrative office and community resource centre were relocated to 550 King St. The new space allowed for Port Cares to provide services for adults to increased their educational levels and skills while credit classes were added to its Action Centre.

In 1996, Port Cares expanded its employment services program and moved to 92 Charlotte St., thanks to a contract with Human Resources Development Canada. All education classes, client services and

administrative offices were moved to its current location when space became available.

Having everything under one roof was a concept developed to meet the needs of clients in an underserved area isolated due to a lack of transportation. Swick Janjac said the organization worked with a local bus company to bring a transit service to Port Colborne.

"We ended up getting funding to start it up and it worked great in Port Colborne," Swick Janjac said. "The municipality eventually took over the service that now acts as a link (to Niagara Region Transit)." In the late 1990s the organization was having difficulty meeting the demands of its food bank. With a special project grant from the United Way, Port Cares began a once-a-week meal pilot project out of Pentecostal Church.

In 2002, that program expanded to four times a week and was moved to 61 Nickel St. in what is now known as the Port Cares Reach Out Centre. The property was purchased by Port Cares from the Knights of Columbus.

Last year the Reach Out Food Centre expanded to include a larger dining hall area, offices and an area for an amalgamated food bank for Port Colborne.

The PACT program evolved into the Ontario Early Years Centre in 2002 with sites in Port Colborne, Crystal Beach, Smithville and Beamsville.

While funding for some of its programs, such as employment services, are done through government grants, a majority of Port Cares' services, such as client services, and funding for building expansions, rely on general fundraising and from events such as its Soup Fest and annual silent auction gala or from grants from agencies such as the United Way.

Grant funding serves the organization well but often has a limited shelf life.

"When I started in 1989, we didn't know if we could continue (the next week)," Reinhardt said. "You didn't know if left the job on Friday whether you'd have one on Monday."

Swick Janjac said government funding, for instance, have limited time periods from either a few months or up to a year. It's the reason fundraising helps Port Cares continue its services.

"It's the wonderful foresight of the community to give," Reinhardt said. "It helps us keep delivering services to the community and they trust us in doing that."

It's the wonderful foresight of the community to give. It helps us keep delivering services to the community and they trust us in doing that."

Lynda Reinhardt,
Port Cares executive director

One of Port Cares' integral programs is its client services, which addresses issues such as poverty, addictions, domestic violence and housing. The program, funded through fundraising, was established in the late 1980s.

"We identified that there was a possible need to tackle issues like homelessness and housing support," Swick Janjac said.

"In case of an emergency clients can get help on how to deal with it. It's these kind of services that we provide that are essential to the community. We're fortunate to have continued support for it."

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Ourview

James forces spotlight on cancer of child abuse

If there is a blessing to be received from the life of Graham James it is this: As a garden-variety monster he committed a commonplace crime and received a typical sentence, but because of how and where he chose his prey, because of his victims were and ultimately because of their courage in coming forward, James unwittingly gave spark to a rare mainstream discussion in this country on the epidemic of sex assault and child sex abuse and the related dysfunction of our criminal justice system.

Leave it to Canadians.

These are issues so depraved, so fathomless, we would dearly prefer not to think about them at all, thank you very much. It would take the sully of our national sport for some to sit up and take notice. So be it.

Last week James was committed for two years in prison for the long-term sexual abuse of teen hockey players under his charge.

Perceived as lenient, the sentence fuelled outrage. The judge in the case has received death threats. The minister for public safety is calling on the Manitoba Justice Department to carefully review its case for appeal.

That's all very understandable. James's crimes are among the worse we can imagine and two years is a woefully inadequate sentence.

Yet for the many survivors of sex abuse and assault in this country, and the police and prosecutors who investigate, it is pretty much another day at the office. Rape, incest and the violation of trust are generally followed up with a slap on the wrist. Comparatively, a two-year sentence for sex crimes can be thought severe.

Consider the following: The federal Justice Department tracked 2,854 cases of child sex exploitation in Canada (2009-03) while noting most of these crimes are never reported.

During the tracking period, conviction rates for child sex abuse, child prostitution and child pornography were 38.5%, among the lowest in adult court. Of those found guilty, more than half received probation or a conditional sentence.

Thanks to James, the nation is focused on the cancer that is child sex abuse like never before. It is an opportunity to take awareness and outrage and use them to force stiffer punishments for the guilty—and greater understanding of support for the innocent.

— Andrea DeMeer

I'VE BEEN THINKING

40 days of fasting plus

PASTOR JEEVA SAM
Forks Road East
and Morgan's Point United Churches

Forks Road East and Morgan's Point United, the two congregations I serve in Wainfleet, have been observing a period of fasting during the season of Lent for the past two years. Today this year... with a slight twist. On Feb. 22, Ash Wednesday, we began 40 Days of Fasting Plus.

Plus? Yes. Let me explain.

It all began with a reading of Isaiah 58 where God says that He is not impressed with how people were fasting. "You are going through the motions of penance... you dress in burlap and cover yourselves with ashes. Is this what you call fasting?" (v. 5)

He points out: "Even while you fast, you keep oppressing your workers. What good is fasting when you keep on fighting and quarrelling?" (v. 4)

Obviously God is displeased with the way people tried to get His attention by observing a fast without paying attention to how they lived their lives. If fasting truly draws us closer to God, then our behaviour will surely reflect His heart. Fighting and quarrelling and "volunteering your finger and spreading vicious rumours" (v. 9) do not.

Thus we decided that in addition to abstaining from certain foods and drinks, we would also give up The

Four C's: Criticizing, Condemning, Complaining and Comparing, fully aware that his would be tantamount to taking a vow of silence for those whose conversations tend to be spiced liberally with all four! This could potentially lead some to take such drastic measures as withdrawing their membership on Coffee Row. Some have commented that it would have been far easier to give up four other C's—Chocolate, Candy, Chips & Cookies!

Yet, we realize that to observe a fast that honours God, this is an absolute necessity. So, we have been cutting out certain addictive substances plus these addictive behaviours. We have been trying our level best to replace Criticizing with Praise, Condemning with Forgiveness, Complaining with Thanksgiving and Comparing with Confessing.

God goes on to say: "This is the kind of fasting I want: Free those who are wrongly imprisoned; lighten the burden of those who work for you. Let the oppressed go free, and remove the chains that bind people. Share your food with the hungry, and give shelter to the homeless. Give clothes to those who are naked, and help the needy." (v. 6-7)

God makes it perfectly clear in this passage that His heart is also for victims of injustice and those in need. He calls for an outward focus from His people. As

a matter of fact, in verse 3 He levels this accusation: "You are fasting to please yourselves."

He wants them to avoid getting so wrapped in one's piety that we ignore the rest of society. Jesus says of some "hypocrites" in Matthew 6:17: "They try to look miserable and dishevelled so people will admire them for their fasting."

In order to avoid this trap, we decided to consciously develop an outward look during these forty days. We are cleaning out our closets, basements, garages and shops and giving away all that we do not need so others may have what they need. We are looking for opportunities to minister to the needs of others in the community without neglecting those of our own family (v. 7). We are including the needs of the Food Bank in our grocery shopping and giving of our time to those who are starved for attention—they are neglected spouses, children and parents or seniors in nursing homes. We are seeking justice in ways such as writing letters through Amnesty International and drawing attention to the evil of human trafficking.

Get the Plus?

As I write this column on Day 29, I am beginning to realize that there is no reason to limit these changes to the 40 Days of Lent only. Why would we not want to live every day of our lives according to the directives of Isaiah 58, eh?

readers' views

Shipping needs support

It was an absolute fantastic day for the opening of the shipping season on Thursday. Appropriate speeches were delivered. Plaques presented. Top hats handed out—and the 2012 season is off.

The Canadian flag was a disgrace displayed and torn. There were probably about more than 50 people—which means that several thousands missed out on the very significant event for Port Colborne. Let's try and show some more support next year.

Hank Bangild
Port Colborne

Not time for this much austerity

Taking the clock in downtown Port

Colborne apart and put into storage makes me laugh in frustration: a clock is too complicated for Port Colborne to fix?

There are clocks all over Europe, and they all work, most of the time. When they break down someone knows how to fix them. This makes it look as if we are in mechanical or electronic shockwaters, crying for jobs, but packing the job into storage, when it presents itself.

"Parts are too worn..." There are tool and dye makers in Port Colborne.

So it would cost a few thousand dollars? That would be infused into the local economy. The fellow that earns it is going to spend it again.

I think the clock has been stalled for several years rather than six months. Every time I drive by it gives me the message: Port Colborne doesn't know what time it is. Not a message I want

people to get about Port Colborne.

The clock looks good, fits the spot; if it only had a brain, I mean time.

Surely if the old mechanism is unfailable, a new one can fit the house.

Austerity is a good horse to ride on, if you know how to guide it.

Doris Toepp

Port Colborne

Only ourselves to blame?

Nice to see Ms. Deb Matthews sorting out our health-care woes again.

In recent years, since our governments have taken over our hospitals, many advances have been made in such things as heart transplants, brain surgeries, etc., and costs have escalated out of all reason.

Continued on page 5

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■ FUNDRAISER

Optimists host Girls Night Out

InPort News Staff

PORT COLBORNE — Girls just wanna have fun — and the Port Colborne Optimists offer it in spades.

They are hosting the annual Girls Night Out at Brebeuf Hall on Killaly Street E. on Thursday, April 12, from 7 p.m. to 10 p.m.

Susan Brown, president of the Optimist Club of Port Colborne, said the event promises to feature a great evening of fun, friends and friends.

And it's all for a good cause: the children of Port Colborne.

"It's a fun night out shopping with the girls," Brown said.

There will be 17 unique vendors including Aren't We Naughty, Sweet Treats by Selesia, Go Girl and Pampered Chef.

Five local psychics will return to help 15-minute

readings for \$5, there will be hours d'oeuvres served by Port Colborne volunteer firefighters and Joseph's Winery will have a wine tasting.

Miss Pole Dance Canada, Shanny Pollard from Ridgeway, will perform.

Tickets are \$25 each, but purchase nine and get the 10th free and a table reserved for the party. To purchase tickets call Brown 905-834-7988.

The Optimists raise funds to various children's programming in the town, most recently Dewitt Carter Public School's Step It Up, an after-school program that runs twice a week and provides physical and mental activities.

"It's a really great program and we are proud to sponsor them," Brown said. "We can't do that without support from the community, so come out and have fun."

■ readers' views

FROM PAGE 4

These takeovers made hospital employees civil servants which usually translates to excessive administration, great pensions and benefits, but little progress in actual care. This additional administration is necessary in order to deal with government regulations and insurance requirements, and of course to ensure that blame for any problem is spread so far that no-one can be blamed for anything.

There was a time when hospital employees were taught that good health care starts with cleanliness and supervisors enforced this. Those not performing their duties could be dismissed.

Not today. Today, the word is "avoid hospitals if at all possible; they make you sick; they can't even be kept clean; wait times are ridiculous."

With all the billions of dollars being spent

on health care, death rates from cancer, for example, have not improved in 50 years and fundraisers must be held to buy equipment.

Our governments keep on expanding their roles in our lives, while demonstrating constantly that what they are best at doing is increasing costs and red tape.

Shame on us; we let them do it.

Bernie Cusack
Wainfleet

Canal lands were meant for all

I would like to respond to the letter from Mr. Brian Roy regarding the South Niagara Canoe Club. All of the programs offered by the South Niagara Canoe Club are wonderful, but I wonder what percentage of the population is interested in these programs.

I understand the canoe club

is a non-profit organization, run by volunteers, and that the club pays an annual fee to Welland International Canal Corp, and contributes to the upkeep of the North Welland Flatwater Community Centre. That is all well and good, but the Welland Canal lands are public property, handed over from the federal government to the citizens of Welland, and I'm sure that the community centre was built with taxpayer dollars, not funds provided by the canoe club.

The canal and its adjacent lands should be open to all taxpayers, not just a handful of users. Claude Roy was right when he said WRCC should develop the canal lands with one or more beach areas, and with more boat-launch facilities, for swimming and fishing. I also understand WRCC restricted use of powerboats because of liability and safety concerns, because of the antics of a few boneheads. But instituting a

policy whereby the maximum horsepower rating of an outboard motor would be 10 horsepower or less would have solved that problem.

I don't know how many hours per year the club uses the canal, but I would venture a guess that it is a little more than it is used, if it were opened to the public for general recreational use, it could be used to its full potential.

As for Brian Roy's reference to the Welland International Flatwater Centre, that is another fiasco that should never have been allowed to happen, as it again restricts the use of the canal lands to a privileged few. The canal, from its junction with the new bypass at the south end in Port Colborne, to its junction at the north end in Port Robinson, and the lands surrounding it should be opened to all of the people, all of the time.

Jim Bray
Port Colborne

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■ **PORT CARES SOUP FEST:** Third annual event to feature high school, college creations

Soup's on for Port Cares

DAVE JOHNSON
InPort News Staff

PORT COLBORNE — Straciella, chicken wing, and taco are just three of the eight soups to be served up this Friday at Port Cares third annual Soup Fest.

"The taco soup is really good," said Caitlin Battista, Port Cares marketing and communications co-ordinator, on Monday afternoon.

Battista had a quick taste of the soup, which will be served up by Port Cares Food Associate Program students.

Soup Fest, she said, will be held at St. Patrick's Church hall, 123 King St., with the first serving between 11:30 a.m. and 12:30 p.m., and the second serving running from 12:30 p.m. to 1:30 p.m.

The event can accommodate 120 people during each sitting and tickets are \$10 each. Battista said there are still tickets left for the event and they'll be on sale at the door. Tickets are also available by calling Port Cares at 905-834-3629 ext 266.

"It's a really fun event, everyone always enjoys it," she said.

In addition to Port Cares' food associate program students, students from Lakeshore Catholic High School's hospitality and tourism program, Port Colborne High School's culinary arts program, and Niagara College's Canadian Food and Wine Institute, will also be preparing two soups and breads for Soup Fest.

Battista said Port High will be serving the chicken wing soup, with Lakeshore serving the straciella, and Port Cares serving the taco soup.



DAVE JOHNSON Staff Photo

Sarah Eller, right, meal program co-ordinator at the Reach Out Centre, ladies some soup for Caitlin Battista, Port Cares marketing and communications co-ordinator. Port Cares Food Associate Program students will be taking part in Port Cares' Soup Fest on Friday.

She didn't know what Niagara College would be serving.

There's also dessert and coffee and tea.

While Port High, Lakeshore and Niagara College have taken part in the event the past two years, it's the first time for the Port Cares program.

The program is run out of the Reach Out Centre, on Nickel St., and teaches food safety, cooking and baking and provides three certificates vital for

anyone entering the food industry — workplace hazardous material information systems, SmartServe and safe food handling.

Sarah Eller, meal program co-ordinator at the Reach Out Centre, said Soup Fest gives students in the program an opportunity to showcase the skills they've learned in the three month long program.

Eller said there are currently six students, ranging in age from 18 to 63, in

the program.

In addition to learning food safety, cooking and baking, the students also learn to wait tables and interact with the public.

Eller said the students and program, funded by Niagara Region through the Niagara Prosperity Initiative, were invited to take part in Soup Fest. Battista said Lakeshore Catholic recommend the Port Cares program be added to the event.

Downtown clock weathered by time

EDDIE CHAU
InPort News Staff

PORT COLBORNE — It's never the right time at the corner of King and Clarence.

Depending on which direction you're headed, the old clock at the intersection's northeast corner will give you four different times. If you're headed north it's six o'clock or it's 10 after five if you're westbound.

The 31-year-old clock, donated by Olga Greschuk in 1981 in memory of her husband Julian, hasn't been functioning for more than six months.

"It's beyond repair," said Ron Hanson, Port Colborne's director of engineering and operations.

"We now have to remove it."

The municipality is in the process of dismantling and removing the clock and keeping it in storage until plans have been formalized for the downtown community improvement plan.

News of the fixture's removal has upset some of the Downtown Business Improvement Area who believe the clock is an iconic fixture of Port Colborne's downtown core.

BLA chair Bob Porter believes the clock can be fixed, noting Sheraton resident Bob Grimes had repaired the clock several years ago at minimal cost.

"People are upset that the clock doesn't work," Porter said. "The downtown merchants say it should be revived. It's an icon. There's a lot of meaning behind it."

Hanson said because of the complexity of its components, he estimated repair costs will be at least several thousands of dollars.

City CAO Robert Heil said work to fix the clock is complex.

"The parts are so othered," Heil said. He said the clock parts will be stored away safely until the CIP work is complete.

Heil believes a new clock can be incorporated into the CIP plans. If so, the Greschuk family memorial plaque will be preserved within the new fixture.

The only costs borne by the municipality in 1981 were for installation and maintenance.

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■ **WELLAND CANAL:** Shipping season kicks off

DAVE JOHNSON Staff Photo
Capt. Sean Jowsey, left, tips the top hat presented by Mayor Vance Badawey, centre, as chief engineer Paul Schubert-Lock watches. The tug Victorious, pushing the barge John J. Carrick, operated by McShapalt Marine Transportation Ltd., was the first downbound vessel through the Welland Canal at Port Colborne.

Good sign when bridges are up

DAVE JOHNSON
InPort News Staff

PORT COLBORNE — Flying numerous multicoloured marine flags while sitting in Lock 8, a tug and barge combination ended Algoma Central Corp.'s three-year reign of being awarded a top hat as Welland Canal's first downbound vessel of the season.

Victorious Capt. Sean Jowsey and chief engineer Paul Schubert-Lock, of McShapalt Marine Transportation Ltd., were given the top hat at a ceremony at Lock 8 Park last week in front of a crowd of about 50 residents, politicians and marine industry and St. Lawrence Seaway Management Corp. representatives.

For the past three years, Algoma's Algoe had been the first downbound vessel through the canal. But the tug Victorious, pushing the barge John J. Carrick, was first this year, bound for Montreal with a load of heavy fuel from Samia.

An upbound tug and barge combination was also awarded a top hat at a ceremony at Lock 3 in St. Catharines.

St. Lawrence Seaway Management Corp. regional engineering general manager Luc Boisclair predicted another good year for the seaway. In its 54th navigation season, The 2012 shipping season also marks the 184th year of continuous operation of the Welland Canal.

"At the conclusion of 2011, the seaway was up 3% in overall volume ... 30 million tonnes of cargo moved through. In 2012, we're predicting another 3% increase," said Boisclair.

Boisclair said the seaway contributes \$34 billion into the Canadian and American economies with 227,000 associated jobs. In Ontario alone, 64,000 jobs are connected with the shipping industry and seaway.

In addition to the cargo moved through the system, the seaway contributes to the economy in other ways as well. In the last year, it spent \$58 million on maintenance and new projects, \$30 million of which was spent in Niagara.

With companies, like Algoma, building new ships specifically for the system, Boisclair said it bodes well for the seaway.

Capt. Jim Pound, Algoma's vice-president of operations, said the company that employs 2,000 people will see eight new vessels join the fleet in the next two years.

"Last August we registered the Algoma Mariner, a new Canadian-flagged dry bulk vessel ... the first since 1983" said Pound of the ship christened in Port Colborne.

The company, he said, has a long history with the canal and besides the vessels it has owned Fraser Marine and Industrial, a ship repair company based in Port Colborne, for almost 40 years.

■ **CRIME:** Tipsters urged to call police, city about roadside dumping

Oil discarded in rural ditch

DAVE JOHNSON
InPort News Staff

PORT COLBORNE — City taxpayers footed the bill this week to clean up material, including city car parts and a five-gallon can containing oil sludge, illegally dumped in a rural ditch.

Public works and parks general foreman Dwight Airhardt said the material was dumped on Troup Rd., between Forks Rd. and Third Concession, right on top of a local ditch sometime Sunday night or early Monday morning.

"It was reported to the (Environment) Ministry, and they reported it to us," he said.

The city called in Bob Robinson and Son Construction to clean up the ditch, which the ministry ordered blocked off. The ditch leads to the nearby Henry Drain and the ministry and city did not want any of the oil to get into the drain.

"Robinson was out there

Monday, Tuesday and back Wednesday morning ... and the ministry was working with us."

Airhardt estimated the cleanup cost between \$1,000 and \$2,000, which came out of the roadside ditching budget.

"Ward 4 has a number of ditches we're working on and we normally wouldn't take money out of that budget."

The dumping, he said, not only affects the budget, but also the environment.

Airhardt said it appears whomever dumped the oil and car parts, also dumped tires in the same location and dumped more material further up Troup Rd., closer to Forks Rd.

"It looks like the same person," said Airhardt, adding there were tires at both locations cut in the exact same manner.

He and Mayor Vance Badawey said a number of rural roads around the city have seen illegal roadside dumping recently.

In addition to three locations on Troup Rd., the city has found material on Barrick Rd., Forks Rd. between White and Sherk Rds., Ramey Rd., Lakeshore Rd. and Cement Plant Rd.

"Why? What would possess someone to do this when a regional service is in place for free?" asked Badawey.

"I have three words for it: irresponsible, inconsiderate and outright selfish. It's getting carried away."

Airhardt said people don't have to pay to have tires taken away anymore — local garages will take them.

"We have hazardous waste days, where waste like oil can be disposed ... people should know this, there's been enough education on it."

He said the city's bylaw enforcement office, ministry, Niagara Region and Niagara Regional Police are working together to find out who dumped the material.

Residents who see illegal



DAVE JOHNSON Staff Photo

Matt Lannan carries a cut tire dumped on Troup Rd., south of Forks Rd. in Port Colborne, as Harold Evans, in the backhoe, dumps material in the back of a city truck. It was one of two piles on Troup Rd. separated by a couple of miles, that has been illegally dumped.

dumping are encouraged to call the police and city. If they can, they're also encouraged to get a licence plate number and

make and model of the vehicle doing the dumping.

"Your calls are held in confidence," Badawey said. "Our

intent is to put an end to illegal dumping with a zero-tolerance policy. Penalties range from \$300 to \$25,000."

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■ CATHOLIC SCHOOL BOARD: Uniforms reduce bullying



ALLAN BENNER Staff Photo

Lucas and Kate Bishop, from left, and Vanessa Lefebvre model school uniforms being proposed for elementary school students by Niagara Catholic District School Board, during a public consultation meeting Tuesday night at Lakeshore Catholic High School.

Parents fear the cost of uniforms

ALLAN BENNER
InPort News Staff

PORT COLBORNE — While there are advantages to wearing school uniforms, parents say they don't want them outweighed by the costs.

About 40 parents attended the first in a series of eight public meetings last week to discuss changes to Niagara District Catholic School Board's dress code policy, which includes a proposal for elementary students to wear uniforms. A revised code is expected to take effect in September 2013.

Despite assurances from education director John Crocco that uniforms would not cost more than parents already spend on their children, some moms and dads still had worries after the meeting at Lakeshore Catholic High School in Port Colborne.

Crocco said the board's research shows parents spend between \$294 and \$975 on clothes for boys and \$250 to \$1,100 on girls every year, and the cost of the uniforms is at the low end of that price range.

Meanwhile, the schools would run "trade-in days" when outgrown uniforms could be exchanged for larger sizes, and families with more two or

more children buying uniforms would get discounts.

But several parents pointed out they still can't afford them.

"We're dealing with kids who are coming to school without proper nutrition, without coats, without mitts in the winter, because they can't afford proper coats with zippers that do up properly," said Michelle Richard.

"Are the advantages of having a uniform really going to make that much of a difference?"

Although board representatives said wearing uniforms has been shown to reduce incidents of behaviour such as bullying among students, Richard said, "children who are going to bully are going to find something else to bully about."

"Children who do not fit in are not going to automatically fit in because they look the same on the outside," she said.

And dressing in uniform won't improve the academic performance of a student "who has no food in their belly."

"I don't understand why our focus is on this. Why do we want to put that extra strain on parents who are already struggling, when there are much more important issues affecting children and their academics?"

■ **EDUCATION:** Catholic school board continues to work towards implementation of dress code policy through parent consultations

Rolled up kilts, tattoos and other taboos

ALLAN BENNER
InPort News Staff

WELLAND — There seems to be a lot of support for the idea of uniforms for students at Niagara Catholic District School Board elementary schools.

Education director John Crocco said he's confident concerns expressed at the first in a series of public meetings to discuss the proposal can be resolved.

He said the primary concern expressed at a meeting at Lakeshore Catholic High School in Port Colborne was the cost factor, "and we're really focused on trying to reduce it."

It's a matter of citizenship and teaching students how to wear them appropriately."

John Crocco, NCDSSB education director

Open conversations with parents and listening to their ideas for enhancing the program, he said, will assist the board in making a final decision on the proposal in June.

He said he's heard a lot of good ideas from parents about ways to enhance the program.

For instance, Crocco said one parent suggested putting the boards' logo on elementary school uniforms rather than those of individual schools. By doing that, he said, parents would have a larger selection of used uniforms to choose from at trade-in days when their child outgrows the one they have.

In addition to the proposed elementary school uniforms, the board's draft dress code policy also bans such things as visible tattoos,

unnatural hair colour and body piercings.

Visible tattoos have been taboo at schools for decades, he said.

Rather than take a heavy-handed approach to dealing with students who are in violation of the dress code, Crocco said the board works with the family and students to resolve issues.

"We have a process that's in place.

We want to make sure the students can continue with their studies so we will work with them."

For instance, if a hockey fan dyes their hair blue while cheering on their team, Crocco said the board will ask how long it will take the hair colour to return to a normal shade. The student won't be allowed to attend classes until it does, but the school will likely allow the student to do schoolwork in an empty room.

Tattoos can be covered and piercings removed.

"There are all kinds of scenarios based on the situation for a particular student," Crocco said.

When students refuse to comply with school policies, however, "that's a different conversation."

"That turns into an opposition to authority," he said.

Another dress code violation parents have raised concerns about is the length of the kilts that are part of high school student uniforms. "Everybody's focused on the height of the kilt," he said, referring to a trend among some girls to roll up the waistband to make them shorter. "I would suggest to you that if it was a dress many would wear it the same way."

"It's a matter of citizenship and teaching students how to wear them appropriately," Crocco said.

If the student persists, he said school faculty might no longer allow the students to wear the kilt as part of their uniform.

"They'd have to wear the grey pants," he said.

"We try to be very reasonable about this, but where things are clearly offensive to a person or group or certainly to our Catholic faith, they are not permitted to be in our classes."

ALLAN BENNER Staff Photo

Niagara Catholic District School Board education director John Crocco describes school uniforms being proposed for elementary school students as Kate Bishop and Vanessa Lefebvre model them.



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■ **ARTIST:** Diana Hinman has show at Port library



EDDIE CHAU Staff Photo

Wainfleet artist Diana Hinman showcases local flavour in her paintings, which are on display at Port Colborne Public Library until July 15.

What inspires her

EDDIE CHAU
InPort News Staff

PORT COLBORNE — A sketch pad is never far away from the hands of Diana Hinman.

On any given day the Wainfleet-based artist will pull one out of her purse during her travels to sketch a picture of what inspires her. In one instance Hinman whipped out the sketch-pad and pencil while watching a musical performance on stage.

"There was a soloist performing at Brock. You couldn't take out a camera so I started sketching," Hinman says. "Very articulate. It's very difficult to recreate from visual memory the shapes. It's like the Group of Seven who worked on small things then went back (to their studios) to work on bigger paintings."

Much of the 18 paintings currently on display at Port Colborne Public Library are drawn from local inspiration. One eye-catching piece of

art depicts a group of musicians performing in front of a bright yellow backdrop.

The subject is of a bluegrass music group that performed at the Wainfleet Fall Fair. Hinman painted the musicians in mauve to match the colour of the dress of the lead singer.

The yellow background was painted to make the band stand out she says.

"Iately I've used a smaller sketchbook and started doing things in colour," she says. "I love colour."

Art has been a fixture in Hinman's life while growing up in Britain. Her grandmother was a water-colour painter and her sister had a love of art.

"I've been painting since I was very young," she says. "I've always been surrounded by art."

Hinman studied the subject at the Manchester College of Art and Design and later the Birmingham College of Art before arriving to Canada in 1967.

She now resides in

Wainfleet.

Hinman's work can be best described as a hybrid of a drawing and a painting. The artist has showcased her work at the Jordan Art Gallery and Arts Place Gallery in Port Colborne.

Visitors to Port Colborne Library will be familiar with the subject of some of Hinman's paintings on display.

Subjects portrayed include ship life along the canal, people and flowers.

It's the second time Hinman has exhibited her work at the library.

The first exhibition occurred in 1994.

Hinman says she appreciates the space of the library because it allows visitors to truly stand back and get a good view of each piece.

The Port Colborne library is at 310 King St. It is open 10 a.m. to 8 p.m. Mondays, Tuesdays and Thursdays and 9 a.m. to 5 p.m. Wednesdays, Fridays and Saturdays.

eddie.chau@sunmedia.ca

RECIPE of the month APRIL

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METHOD

1. Roll slightly more than half of the pastry dough into a 12" or 13" inch circle. Place into pie pan. Refrigerate for 10 minutes.

2. In a large bowl combine ground meat pie & lemon juice. Working with one apple at a time, peel, core & dice the apples into 1/2 inch cubes. Add to the meat mixture & toss together gently.

3. In another bowl, use a fork to combine granulated sugar, brown sugar, flour, cinnamon, salt & nutmeg. Sprinkle over apples. Toss gently with a spoon. Lift from the bottom to coat all the apple edges.

4. Fill gaps of the pie shell, leaving a 1 inch overhang. Measure the mixture in the shell, pressing down as much as possible. Dot the top with butter & create a criss-cross top.

5. In a small bowl, whisk together eggs and cold water.

6. Roll out the remainder of the pastry to a 11 inch circle. Cut a vent into the center with the cookie cutter. Brush the edges of the bottom crust with egg wash. Place the rest of the crust together. Roll the edges of the crust together. Press the edges of the crust together. Bake for 30 minutes. Preheat oven to 400 degrees. Place the pie on parchment lined plate. Brush the top with egg wash. Sprinkle with Demerara Sugar. Bake for 10 minutes. Reduce heat to 350 degrees. Bake 10 to 15 minutes more or until apples are tender & juices bubbling. Let cool for one week. If filling starts to leak or soaks, place down gently to resealed the crust.

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■ **PUBLIC SAFETY:** March 3 windstorm knocked out emergency system

Fix to be found for 911 failure

MARYANNE FIRTH
InPort News Staff

PORT COLBORNE — Port Colborne is calling on Bell Canada for answers.

As a March 3 windstorm wreaked havoc on southern Ontario, Bell experienced a system failure that ultimately caused local 911 systems to go down.

Between 11:50 a.m. and 1:30 p.m., 94 emergency calls were disrupted.

During Monday's city council meeting, Ward 4 Coun. Ron Bodner sought a follow-up on the incident, asking what efforts were made locally during the unusual circumstances.

Port Colborne fire Chief Tom Cartwright explained how he only learned Bell phone lines were down after receiving a call on his Cogeco home phone from the city's chief administrative officer, Bob Hell.

While waiting for the failure to be corrected, Cartwright put a plan in place by calling all firefighters into service and strategically locating trucks throughout the municipality.

This way, if a delayed emergency call was received, crews could get out to any location "sooner than later" to respond, he told councillors.

"There may have been a bit of cost, but it's well worth it in the event of an emergency," Hell said of the quickly-implemented plan.

"If you think about the consequences if you had a heart attack, a kitchen fire, you couldn't call," Hell

There may have been a bit of cost, but it's well worth it in the event of an emergency. If you think about the consequences ... If you had a heart attack, a kitchen fire, you couldn't call."

Bob Hell, Port Colborne's chief administrative officer

said.

"It's disastrous," he added, to think of being caught in an emergency with no phone system.

Cartwright admitted he was irritated with the situation and stressed the importance of finding a way to identify phone problems immediately should a failure occur again.

Though it's "pretty rare" for Bell's systems to go down, Hell said protocols must be put in place.

A meeting will be held in St. Catharines March 30 for those who were involved in the incident, including dispatch and emergency personnel, Cartwright said.

Bell has been invited to attend, but has not confirmed attendance, he added.

Mayor Vance Badawey asked that council "be a bit more aggressive" in requesting a response from Bell. Company representatives should be required to show up to the meeting, he said, "to explain themselves" and state how they'll keep such an incident from reoccurring.

There needs to be a redundancy plan in place in the city, with discussions ongoing of installing air sirens that would alert residents to turn on the radio for notification should an emergency erupt, Badawey said.

Cartwright will be following up on the issue and presenting a report to council at a future date.



Cartwright



Hell

■ inPortbrief

2012 BUDGET APPROVED

WAINFLEET — Township council passed Wainfleet's 2012 budget last week without so much as a squeak from aldermen.

The approved budget will send taxes up 3.046% — costing the average homeowner about \$40 more this year in local property

taxes. The \$4.2-million budget was passed without discussion or remarks from the mayor.

Despite a tight budget with many cutbacks, the town still intends to spend \$663,000 in repairs to 11 roads including parts of Lakeshore, Burnaby, Flanagan, Moore and Burnaby Rds.

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■ CAREERS: A glimpse of life aboard an Algoma ship

Students tour a promising Enterprise

DAVE JOHNSON
InPort News Staff

PORT COLBORNE — When Drew Gauthier is sitting in class at Lakeshore Catholic High School, he can feel the rattle from boats passing through the Welland Canal, which sits a little more than a football field away.

Last week, Gauthier and nearly two dozen students from the school's specialist high skills major construction program had a chance to tour one of those rattling ships.

The students walked from the school down to the stone dock, where they were met by Dan Fournier, Algoma Central Corp.'s manager of quality and safety. After donning hard hats and safety glasses, Fournier led them up the gangplank onto the deck of the Algoma Enterprise, formerly the Canadian Enterprise.

Last year, Algoma bought out Upper Lakes Shipping and its fleet of vessels, including the Enterprise, and renamed a number of them.

Fournier led students to the bow of the vessel, where workers from Fraser Marine and Industrial were working on winching up one of the anchor chains.

Other Fraser workers were on deck welding a handle on one of the hatches, with others working inside the 222-metre-long vessel alongside Algoma crewmen.

The students, with teacher Tino Nuccitelli, were then led to the stern of the vessel, where they heard how the crew must adjust the ballast on board when the 77-metre self-unloading boom is swung to port or starboard to offload cargo. They



DAVE JOHNSON Staff Photo

Dan Fournier, right, Algoma Central Corp.'s manager of quality and safety, shows students from Lakeshore Catholic High School's specialist high skills major construction program the backup steering controls on board the Algoma Enterprise on March 20. Students had a complete tour of the ship that is tied up at the stone docks in Port Colborne.

also had a peek into the cargo holds through an open hatch.

Fournier took them up to the bridge, where they had a chance to see the ship's controls before heading down to the galley, crew's quarters and engine room.

He said Tuesday's tour is very important to a company like Algoma.

"Our workforce is getting older and

we need to recruit new people into the industry. High school students are a good starting point."

Fournier said the industry is also losing a lot of Newfoundlanders, who are commonly found working on board lakers, to jobs in the oil patch out west.

He and second mate Mike Graham told students there are many oppor-

tunities on board lakers, including working in the engine room, on decks or on the bridge.

Graham said if students are interested in a career on a laker, they should try it out for a summer to see if they like it. Schools including Georgian College and Memorial University, in Newfoundland, have marine courses.

While talking with the students, Graham showed them the TV/monitor room and one of the crew's rooms. He told them there is Internet on board the Enterprise, though there is only

computer for everyone to use.

The ship also had satellite TV. Graham said crew members — there are 21 on board — can bring their own Bell satellite boxes and hook into the system in their quarters.

Gauthier said the tour of the Enterprise was a good eye-opener.

"It was a great opportunity to see something we commonly see but don't think much about," he said of the vessel.

Asked if he'd consider a career in the shipping industry, Gauthier said it's something he'd keep in the back of his mind.

"You can come out of college in three years and have a decent high-paying job."

Michael Marcantonio also liked the tour.

"One of our biggest features in Niagara is the canal and it's great see it in full use and see one of the boats that go by on a day-to-day basis."

Marcantonio said while there's good pay on board a laker, he'd like the adventure of it and enjoy the camaraderie.

"There's also lots of advancement."

Nuccitelli approached an Algoma employee about taking a tour of any Algoma ship in Port Colborne.

"With the ships in our backyard and us being a trade school with welders, electricians and plumbers, I thought why not have a look for apprenticeships or see what goes into working on ships," the teacher said.

Nuccitelli didn't realize there were other opportunities on and off the vessels, such as being a first or second mate or even working in an office as an accountant on shore.

"I don't think any of these kids have been on a ship before ... it was a great opportunity," he said, adding it was his first time on board a laker.

"I'm impressed," he said.



PORT COLBORNE
CITY OF PORT COLBORNE
FARMERS' MARKET

There will be no Farmers'
Market on Good Friday,
April 6th, 2012

Farmers' Market
will be
held on Thursday,
April 5th, 2012

Ashley Grigg
City Clerk



DAVE JOHNSON Staff Photo

Nearly two dozen students look into the hold of the Algoma Enterprise.

■ **HOUSING:** 963 living units proposed for Port**Rosemount Estates plan draws worried crowd**

MARYANNE FIRTH
InPort News Staff

PORT COLBORNE — Concerned residents brought their worries to council about the proposed Rosemount Estates housing development.

A Planning Act hearing on a zoning bylaw amendment for the land in question drew a considerable crowd who attended to share their input and listen to what the proponent had to say last week.

The property is on the south side of Killaly St. W., north of the former Canadian National Railway lands and west of Steele St.

The proposal is for 219 single-detached residential lots on 10.2 hectares, 173 townhouses on 4.75 hectares and 570 medium-density residential lots on 6.6 hectares, with 1.34 hectares for roads, 1.82 hectares for neighbourhood commercial use, 1.39 hectares for parkland and 21.22 hectares for open space/recreation.

Several residents took to the podium or submitted letters citing their concerns with the proposed 963-unit development put forward

by 2260304 Ontario Inc.

Many of their concerns related to traffic volume increases in the area of Elgin and Steele St.

Private planner Stephen Fagyas, who spoke on behalf of the developer, said a traffic consultant has monitored the intersection on more than one occasion and advised it "does not warrant upgrades" at this point in time.

The plan is not to "funnel traffic through the bottom of the community" where the intersection in question sits, Fagyas said. Instead, residents will have three streets leading from the subdivision to Killaly St. W. that should assist with traffic volume and flow.

The development's original plan included an extension of Rosemount Ave., but after learning of the "operational significance" of existing railway lines, plans had to be changed, he added.

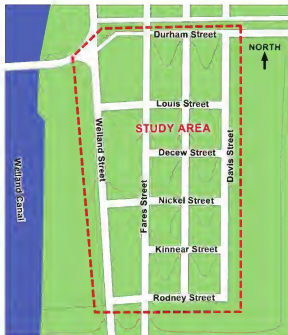
"We recognize we need to be sensitive to neighbouring lands," Fagyas said, citing not only the railway lands but also existing mature neighbourhoods surrounding the development and the environmentally-sensitive wetlands to the west.

**The City of Port Colborne****Inflow and Infiltration Reduction Program and Sewer Use By-Law**

The City of Port Colborne, in conjunction with the Regional Municipality of Niagara, is committed to reducing unnecessary sewage treatment costs, the potential for basement flooding, and combined sewer overflows, by reducing infiltration of storm water to the sanitary sewage collection and treatment system through its Inflow and Infiltration (I&I) Reduction Program. It is estimated that the City spends approximately \$ 1 Million each year treating storm water in the sanitary system. These costs are directly absorbed through the City's water and sewer rates and are passed on to residents of Port Colborne.

The City is now starting the third phase of its Inflow and Infiltration Reduction Program in the area serviced by the Nickel Street Sewage Pump Station, as illustrated by the map to the right.

The I&I Program will involve an inspection of the sanitary sewer connection of each home or business within the study area, and disconnection of sources of I&I, such as sump pumps that discharge to the sanitary sewer. Retrofits work will include disconnecting sump pumps from the sanitary sewer, and re-directing them to grade or to the storm sewer. The inspections and retrofit work will be completed at no cost to property owners.



In support of its commitment to reducing inflow and infiltration, the City passed a Sewer Use By-law (No. 5228/134/08) mandating the disconnection of sump pumps, foundation drains and other such sources, from the sanitary sewer system. To encourage public participation in the program, the by-law includes provisions for financial assistance to complete the necessary repair or retrofit work.

Participation in the I&I Program is mandatory. Residents and property owners in the study area are asked to contact Danielle Anders at Associated Engineering (905-346-0990) to schedule an inspection of their sewer connection. Residents and property owners who require repairs to conform to the Sewer Use By-Law will be contacted by Associated Engineering upon completion of the inspection program.

For additional information please contact either of the individuals listed below:

Ms. Danielle Anders, P.Eng.
Inspection Coordinator

Associated Engineering
110A Hannover Drive
St. Catharines, ON L2W 1A4
Tel.: 905-346-0990 ext. 246
Email: andersd@ae.ca

Mr. Jim Huppunen, A.Sc.T.
Manager of Engineering Services

City of Port Colborne
66 Charlotte Street
Port Colborne, ON L3K 3C8
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■ BOBBIE SAILS INTO SEAWAY MALL



Supplied photo
From left, Brooklyn Isak, Nolan Isak, Easton Upper check out BOBBIE, the Canadian Coast Guard Auxiliary's mascot which was at Seaway Mall recently with members of Port Colborne Marine Auxiliary Rescue (Pocomar) unit.

■ TD BANK GROUP MAKING IT EASY TO BE GREEN



MARYANNE FIRTH Staff Photo
Frank DeDonato, branch manager for Port Colborne's TD Bank Group, presents Mayor Vance Badaway with a cheque for \$30,000 to support environmental initiatives at the city's new Vale Health and Wellness Centre.

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■ **ECONOMY:** Project co-ordinates rail, water, road and air services

South Niagara chambers join TransHub Ontario

WAYNE CAMPBELL
InPort News Staff

WELLAND — Chambers of commerce from across south Niagara have joined TransHub Ontario.

The hub is a private-sector, Hamilton-based co-ordination project to ensure fast and consistent delivery of goods for businesses and

consumers.

It strives for the development of the Hamilton and Niagara area as a hub to ensure the efficient movement of goods by road, rail, air and water across southern Ontario.

Styled as the Southern Tier Chambers of Commerce, chambers representing businesses in Port Colborne

and Wainfleet, Welland and Pelham, Niagara Falls and Fort Erie joined forces to support the initiative, said Dolores Fabiano, executive director of Welland-Pelham Chamber of Commerce.

"We have the highways, railways, canal and airport that we only makes sense that we are part of this," she said.

Patt Stirling, president of

the Port Colborne-Wainfleet Chamber of Commerce, said "the movement of goods through our ports, rail and transport is crucial to our economic viability."

Niagara Region was already a member of TransHub Ontario, a not-for-profit corporation. The hub also includes the Hamilton International

Airport, the Hamilton Port Authority and McMaster University.

Hubs are locations where goods can move in and out, using a variety of modes of transportation. They are usually converging points of rail lines, truck routes, water shipping routes and air transport facilities.

TransHub Ontario brings

together like-minded organizations and determines how they can collaborate to promote, drive and expand a Southern Ontario Hub.

It was created by the private sector to be a formal overriding organization that will co-ordinate transportation and logistics for Canada's largest economic region.



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■ BYLAW: Fire facts

Port Colborne fire chief: Learn not to burn

DAVE JOHNSON
Tribune Staff

PORT COLBORNE — While Port Colborne Fire and Emergency Services hasn't seen a spike in open air burning complaints, it has seen calls come in earlier this year, Chief Tom Cartwright says.

He said with the recent warm weather, people are out cleaning up their yards earlier in the season and some of them are choosing to burn materials such as leaves and branches or stumps.

"Open air burning is not permitted in the city,"

An exception is if the fire

is being used for cooking or barbecuing in an approved pit with a grill on top. The pit also must be a set distance from property lines and structures such as homes, garages and sheds.

Campgrounds within city limits, including Sherston Shores and Pleasant Beach Campground, are exempt

from the bylaw, Cartwright says.

"Farmers are allowed to burn material, but it can only be vegetation and they have to notify us first."

The chief says if a farmer were to tear down a barn or other building and want to burn the materials, the fire service would have to be

approached first. The chief would go to council with a report and it would be up to councillors whether they waive the bylaw to allow the burning.

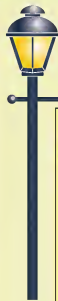
As for the bylaw itself, it's complaint-driven, says Cartwright. At times, he adds, it puts the fire service in the middle of neighbour

disputes.

"One neighbour may not like another and will call us to complain about a fire."

The fire service, he says, has driven by fires in backyards across the city, but doesn't stop unless someone complains about it.

"We get about 50 calls a year."



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"Where can I get another tube of MYO-MED?" a tennis friend asked me. I'd given him a sample of this cream when his arthritis knee kept him from playing tennis for several months. Now he was back in the game. So safe than other over-the-counter painkillers? Today, 21 million North Americans suffer daily the agony of arthritis. Others see their quality of life diminished by sports injuries, backache, sore muscles and the ravages of aging joints.

Customary treatment has been the use of nonsteroidal anti-inflammatory drugs. Unfortunately, too many people take these over-the-counter medications thinking they're as safe as M and M candy. But every year 25,000 North Americans die from gastro-intestinal complications due to this self-prescribed remedy. It's a huge price to pay for pain relief. MYO-MED eliminates this problem. To my knowledge, no side effects have been reported by using this natural cream.

But how is MYO-MED different from other over-the-counter painkillers? Remember that, due to increasing drug complications, it's important to know what a medication does not contain. Today there are 300 different topical analgesics available in North America. But 30 percent of these painkillers contain methyl salicylate. Excessive use of this substance over a period of time has been associated with serious health problems and in rare cases can be fatal.

MYO-MED does not contain methyl salicylate and is the only all natural and toxin-free cream available.

MYO-MED consists of a combination of anti-inflammatory ingredients proven to be effective in relieving a variety of painful conditions such as arthritis, bursitis, tendonitis and carpal tunnel syndrome. One of the main ingredients is catybatyl fatty acids. These are naturally occurring compounds that help to reduce inflammation, pain and increase mobility. Another ingredient, Borynia Alba, is a vine-like plant native to the woods of Europe. It's particularly effective for the pain associated with motion. It's also helpful in the treatment of neck, back pain and those suffering from Thrombolygia. MYO-MED also has what's called a "Nano Delivery System": It's a process that quickly carries these six anti-inflammatory ingredients deep into affected muscles and joints where they're needed, providing relief in minutes.

But how good is MYO-MED in easing pain? Researchers at the University of Connecticut carried out double-blind studies to test its effectiveness. One group of patients, suffering from cases-arthritis of the knee, was treated with MYO-MED. A similar group received a placebo cream. But neither doctors nor patients were told

MYO-MED[®]

"It's going to ease a lot of PAIN"

• Arthritis • Tendonitis • Muscle strain • Back pain



which cream was the real McCoy. Thirty minutes after applying the cream, patients were tested to see how their disability was affected. How far could they flex a knee before it became painful? How well could they get up from a chair? How much time did it take to go up and down 11 steps? And how good was their balance?

Patients were then advised to apply their creams twice a day for 30 days. Both groups of patients were also provided with nutritional guidance to assure their weight gained weight during the trial period.

Researchers found that patients using MYO-MED noticed better function after 30 minutes. Further improvement occurred over the ensuing 30 days. Patients could flex knees better, needed less time to navigate stairs and rise from a chair. They also showed improved balance, strength and physical endurance.

MYO-MED combats another vital problem. It's logical that if a knee joint hurts, there's a natural tendency not to move it. But chips develop barricades if tied up to dock too long. And people suffering from painful joints slowly but surely lose muscle mass if they become less active. This can have a major effect on their way of life. Several professional athletes who have access to the best treatments available say that MYO-MED keeps them on the playing field. It has also kept me at the top shooting range as the gun's recoil often leaves me with a painful shoulder. And my tennis friend couldn't be happier. I'll surprise him with another tube at Christmas.

"I recommend it to
my patients who suffer
from arthritis"

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THE "NATURAL" BELLY FAT SOLUTION

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Based on an Ohio State University, high-linoleic safflower oil, the main ingredient in SafSlim, reduced belly fat, study participants by up to 9.4% — six times more than the leading omega oil, in just 16 weeks. Additionally, an important belly fat hormone, also increased an average of 20.3%, promoting improvements in insulin sensitivity and metabolism, and showing promise in reducing sugar and food cravings.

SafSlim is all natural, non-GMO, vegetarian and free of stimulants, artificial flavors, sweetener and fillers. The patent-pending SFActive78[™] delivery system creates an emulsified, delicious creamy texture that's delicious, easy for the body to absorb, and fun to take.

When used as part of the SafSlim

KEY FEATURES

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- Emulsified pressed, double-bonded high-linoleic (78%) emulsified safflower oil
- Body-ready for enhanced absorption and assimilation
- Delicious smoothie-like texture
- Easy to take



regimen which includes sound diet and exercise, this is the easiest and most effective way to transform belly fat, naturally.

WHAT IS BELLY FAT?

Belly fat is comprised of mainly visceral, or omentum fat. This fat is different than subcutaneous fat (the fat you can pinch). Experts agree that omentum fat is the least desirable fat on the body because of the way it could be stored around vital organs. The loss of belly fat, for both men and women, can promote overall health.

HOW MUCH BELLY FAT IS TOO MUCH?

Measure your waist across your belly button. Total inches should be half or less than your height. Example: if you are 5'8" or 66 inches, your waist should be 33 inches or less.

THE SCIENCE BEHIND HIGH-LINOLEIC SAFFLOWER OIL

In a 16-week, double-blind, controlled study, conducted at Ohio State University, researchers compared high-linoleic safflower oil (CLA) with conjugated linoleic acid (CLA), testing 55 overweight, diabetic and post-menopausal women. The findings showed:

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Fasting glucose: SFA significantly decreased fasting glucose.

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